

YAFFA

# STRONG & FIT

Imperial Park Recreation Center  
234 Matlage Way



**A total body workout that will  
increase muscle strength and  
endurance by using light weights  
and more repetitions.**

Monday 5:45 p.m.-6:45 p.m.

Tuesdays 8:30 a.m.-9:30 a.m.

Wednesday 5:45 p.m.-6:45 p.m.

Thursday 8:30 a.m.-9:30 a.m.



\$25/month for 4 classes/month

\$33/month for 6 classes/month

\$40/month for 8 classes/month

Facility usage card required.

